



Arizona Department of Education
Office of Superintendent of Public Instruction John Huppenthal

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**Superintendent of Public Instruction John Huppenthal
Wishes Arizona's Tenth Grade Students Good Luck on AIMS Tests**
Encourages Students and Parents to Follow These Steps for Success

Phoenix, AZ, February 28, 2011– Tomorrow, Arizona tenth grade students will be taking the AIMS writing test, followed by the AIMS reading test on Wednesday. The AIMS tests measure a child's knowledge – without comparison to other students – based on whether the child is proficient in accordance with the Arizona Academic Standards.

"I'd like to wish Arizona's students the very best as they take these important statewide assessments of their educational progress in mastering Arizona's educational standards," said Superintendent John Huppenthal. In order for parents to help their children arrive to school ready for success, Superintendent Huppenthal recommends these common-sense suggestions:

- Ensure your child gets his/her regular amount of sleep before the day of the tests.
- Make sure that your child eats a nutritious breakfast on the day of the test. Hunger can decrease students' test performance.
- Encourage your child to get some exercise. Exercise increases oxygen to the brain and helps with thinking and memory. Rather than watching TV or playing video games, ask your child to take a walk with you or play an outdoor game.
- Encourage your child to listen carefully to all test-taking directions given by the teacher and to ask questions about any directions that are unclear.
- Reschedule any non-emergency appointments.
- Don't allow your child to be late, have him/her get ready the night before so they can get to school on time.
- Encourage your child to do his/her very best.

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